

## Masters in Preventive Cardiology

This Masters Programme in Preventive Cardiology is delivered by an interdisciplinary team of academic staff from the National Heart and Lung Institute, together with senior clinicians in cardiology, nursing, dietetics, physiotherapy, pharmacology and clinical psychology from Imperial College Health Care NHS Trust and visiting experts in the field of cardiovascular prevention and rehabilitation.

This programme is aimed at physicians, nurses, dietitians, physiotherapists, physical activity specialists, sports scientists, pharmacists, psychologists and any other health professional with a role in prevention of cardiovascular disease.

Students will learn about the theory of preventive cardiology and the application of evidence based principles to real world clinical practice. The programme covers the complete spectrum of preventive cardiology from patients with established atherosclerotic disease, the relatives of patients with premature atherosclerotic disease and asymptomatic people, including those with diabetes, at high multifactorial risk of developing this disease. The scientific foundation of this programme is lifestyle change (smoking cessation, healthy food choices and physical activity) through behavioural approaches, together with weight management, medical management of blood pressure, blood lipids and blood glucose and use of cardioprotective drug therapies. The practical application of research methods and statistics to preventive cardiology will be taught.

### Entry Requirements

This MSc is for graduates with a first degree in a life science or allied health care science subject (medicine, nursing, dietetics, physiotherapy, occupational therapy, sports sciences, pharmacology etc). The minimum entry requirement will normally be at least an Upper Second Class Honours degree, although clinicians with relevant experience in the field will also be considered through a special qualifying examination entrance route.

### Course Structure

*One-Year Full time or Two-Year Part-time (October 2008)*

Students will take five taught modules: two compulsory core modules and three optional. Teaching is provisionally timetabled for Wednesday and Thursdays for the full-time degree, and will alternate annually between these days for the part-time degree. Some topics are delivered via web-based methods. The programme additionally includes clinical placements in preventive cardiology.

The following 2 modules must be taken:

- Theory and Practice in Preventive Cardiology
- Research Methods and Statistics

In addition three further modules must be chosen from the following:

- Smoking cessation programmes
- Diet and weight management
- Physical activity and exercise
- Health behaviours and health psychology
- Medical management of blood pressure, lipids and glucose
- Cardioprotective drug therapies

In addition, all students complete a research project on an original topic in preventive cardiology.

For enquiries contact:

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